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TONIGHT, TOMORROW

JIMMY FALLON SAYS HE'S NOT GOING TO CHANGE HIS COMEDIC TUNE WHEN HE TAKES OVER FOR LENO PAGE 12

## I took the dough: Father Joe confesses

Ottawa priest pleads guilty to defrauding Blessed Sacrament Church of $130K; some parishioners still stand by him PAGE 4

## Cheers and jeers for Harper's Knesset speech

Parliamentarians reacted with standing ovations and walkouts PAGE 8

# Teen critical after being hit by car

**École secondaire catholique Franco-Cité student Jean-Remy Ayoune is in critical condition in hospital after being struck by a car Monday morning.** FACEBOOK

## 'Shock.' Friend describes Jean-Remy Ayoune as 'a class act'

TREVOR GREENWAY
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Students at École secondaire catholique Franco-Cité are in shock after fellow student and athlete Jean-Remy Ayoune sustained life-threatening head injuries when he was struck by a car Monday morning in front of the school.

The 16-year-old football and basketball player remains in critical condition at CHEO.

Students at the school found it difficult to talk about their injured friend and teammate following the accident Monday.

"I think I am going to cry right now," said August Fedner, who has played basketball with Ayoune for the past three years. Fedner said his friend was waiting for the bus Monday morning when he slipped on ice and was struck by a black Nissan Sentra on Smyth Road. "I never knew something like this could happen. I'm in shock."

Paramedics responded to the scene around 11:30 a.m. and said Ayoune was "semi-conscious" when they arrived. They immediately sent the Grade 11 student to hospital.

Franco-Cité student Alijondro Mcizeon was on the scene and said Ayoune was confused as he lay on the ground after he was hit. He said the car was going about 40 km/h when it struck Ayoune.

"He was just in shock, he didn't know what was going on," said Mcizeon.

News of the accident spread on Twitter with friends encouraging others to "Pray For My Boy Jean-Remy."

Grade 11 student Alex Low, who plays on the school's football team with Ayoune, said his teammate was a "class act," who always had a smile on his face. The two have been playing sports together since Grade 7 and became good friends.

"Only a few days ago we were playing basketball in the gym, now he is in the hospital with life-threatening head injuries," said Low.

"A few people are taking the news really hard. It has been a weird day today."

Police closed the westbound lane on Smyth and were directing traffic until the late afternoon as police tried to reconstruct the scene.

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Search is on

## Police looking for bank bandits

The Ottawa Police Service Robbery Unit needs your help in solving a recent bank robbery.

On Jan. 15, around 4:40 p.m, two suspects entered a bank situated along the 1100 block of Wellington Avenue near Parkdale Avenue. One suspect kept watch at the doorway while the second approached a bank employee and passed a note making a demand for money.

The first suspect is described as male, black, approximately five-foot-eight to five-foot-ten, 20-25 years of age, slim build, clean shaven with black, curly hair. He was accompanied by a white male, approximately five-foot-eight to six-foot, 20-25 years of age, slim build, medium-length brown hair, wearing a grey hooded sweatshirt, toque, light-coloured pants and a knapsack slung over his left shoulder. Anyone with information is asked to contact the Robbery Unit at 613-236-1222 ext. 5116 or Crime Stoppers at 613-233-8477. METRO

Annual blitz on the roads

## Ottawa, Gatineau cops nab speeders

Ottawa and Gatineau Police laid 1,368 charges for impaired driving and speeding during their annual Services's Selective Traffic Enforcement Program Christmas blitz. Ottawa police charged 90 drivers with DUI and wrote 708 speeding tickets in December, while Gatineau police charged 52 with DUI and issued 518 speeding tickets. DENIS ARMSTRONG/METRO

Ottawa police detectives Carolyn Botting, left, and Kelly Lyle speak to reporters after sentencing at the teen pimp trial Monday. TREVOR GREENWAY/METRO

# Teen gets 3 years in pimp-ring case

**Trial.** Two other girls are still awaiting sentencing

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An Ottawa judge said a teenager convicted of human trafficking led unsuspecting girls down a "spiralling, horrific nightmare" when she and two others forced them into a teenaged prostitution ring two years ago.

Justice Diane Lahaie didn't hold back when sentencing the 17-year-old to three years in prison Monday — the maximum sentence for a youth accused of human trafficking.

The convicted teen is the youngest of a trio accused of luring girls to a south Ottawa home and forcing them to perform sexual acts for men.

"These girls were your sexual pawns and there was no true compassion shown to any of them," Lahaie read aloud in the courtroom Monday as the teen, who cannot be named, stood motionless in the prisoner's box.

"These were vicious and premeditated attacks designed to instill fear, shame and dominance to prevent the victims from escaping."

Lahaie said the court was troubled with how the teen and her co-accused used social media sites to entice several teenaged girls as young as 13 years old to have "otherwise normal adolescent fun" only to be later forced into prostitution.

Although Lahaie said the teen showed remorse when she reversed her not guilty plea in September, the aggravating factors, including the "callous disregard for the plight of the victims," compelled her to hand down the maximum sentence.

Ottawa police Det. Carolyn Botting was happy the teen got the maximum sentence, but still worries about how the young victims may never recover from the "horribly tragic crimes" committed against them.

"The victims have been through a lot and so have their families," she told reporters at the Ottawa Courthouse Monday.

"You have seen their mothers here, you have seen grandmothers here and we have to remember that this isn't about us. This isn't about the accused. This is about the victims and what they have gone through."

The teenager will only spend another five months behind bars and an additional 76 days under supervised custody in the community, as she has been credited for time already served. Lahaie also placed strict conditions upon her release and ordered her to stay sober, refrain from possessing any weapons and not contact the victims or their families.

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# Father Joe Leclair pleads guilty to fraud and theft

**Blessed Sacrament Church.** Priest admits to defrauding his church of $130,000

JOE LOFARO
joe.lofaro@metronews.ca

Father Joe Leclair, centre, is accompanied by his legal counsel Matthew Webber and Kim Hyslop outside the Ottawa courthouse Monday, after the former Blessed Sacrament priest pleaded guilty to fraud and theft. JOE LOFARO/METRO

Father Joe Leclair, a well-liked, but now disgraced Catholic priest formerly at Blessed Sacrament Church in Ottawa pleaded guilty to fraud and theft Monday in front of several supportive parishioners.

Leclair entered the plea on a day that was to be the beginning of a preliminary hearing on charges of fraud, theft, money laundering and breach of trust. The Crown dropped the remaining two charges.

His sentencing hearing continues Tuesday with the Crown and defence making their submissions.

Court heard Leclair defrauded the church at 194 Fourth Ave. of approximately $130,000 from 2006 to 2011.

After the Archdiocese of Ottawa hired the accounting firm Deloitte and Touche to investigate the church's finances, their investigation revealed that $1.16 million was deposited in Leclair's personal bank accounts between January 2006 and December 2010, according to an agreed statement of facts which were read in court Monday.

Approximately $769,000 of those funds were revenues from his salary, gifts, legitimate stipends, and casino or lottery winnings.

The investigation showed there were $400,000 in unexplained deposits.

The packed courtroom also heard that over five years only $13,170 of the $157,000 in fees collected from marriage preparation courses — which were pegged at $100 each — were deposited into the church's bank account. Leclair told police in a six-hour interview on July 3, 2012, that he misdirected $35,000 of those fees to pay his gambling debts. It's unclear from the agreed statement what happened to the rest of the fees.

Leclair also pocketed some of the funds collected in the church collection basket. "This amount totaled $16,760.00 over the 5 year time set out in the information between 2006 and 2011," according to the statement of facts.

It also said in January 2011, he wrote a $5,700 cheque to himself from the parish's account to pay for a personal vacation. Ottawa police opened an investigation into the misuse of parish funds in October 2011.

Archbishop of Ottawa Rev. Terrence Prendergast said in a statement Monday issued shortly after the guilty plea that he shares Leclair's desire to "move on and to look to the future."

"Despite this difficult decision affecting Fr. Leclair's life, I know that he is relieved to have this painful moment behind him," read the statement.

**Supportive parishioners**

## *Defence witnesses stand by their priest*

At Leclair's sentencing hearing Monday, witnesses spoke glowingly about the disgraced priest who they say frequently went out of his way to help those in need, financially and spiritually, and grew the congregation at the Fourth Avenue church by the hundreds.

Leclair's friend, John Hilliard Gerard Murdock, was the first witness, describing the accused as an "amazing" man who didn't shy away from giving money to a needy person who knocked on Leclair's door years ago.

"He was always in demand and never said no," said Murdock. "He didn't think of himself at all."

But when he stepped down from the church after addressing the allegations to the congregation on April 16, 2011, Father Leclair became a different person, the witness testified.

"That killed him," he said. "Like a fish out of water. He's not that open person anymore."

Lisa Fooks, who joined the parish in 1995, noticed the same change in character.

"He's not as relaxed as he had been. It's hard to get him out to public events," she testified.

Joyce Fournier said Leclair's first mass at Blessed Sacrament in 1998 was delivered to a small congregation of about 100. She said his last service was, "standing room only."

Fournier's family was devastated by the death of her first two children and her husband's brain tumor operation, but she told the court Leclair was there for them every step of the way.

"He had the entire community involved to help us up," she said. "I trust him with my life."

In cross-examination, Crown prosecutor Peter Napier relayed Leclair's five-year efforts to steal and defraud Blessed Sacrament to the witnesses and asked them if they had ever suspected their priest of doing any wrongdoing. They all said, "No."

"Knowing all that now, does that change your opinion of Father Joe Leclair?" Napier asked Fournier.

Fournier replied with an unequivocal "No."

JOE LOFARO/METRO

A cyclist is seen riding by a Capital BIXI bike-sharing station outside the National Arts Centre in Ottawa. SEAN MCKIBBON/METRO FILE

# Capital Bixi rolls along, as Montreal's goes downhill

**Bike-sharing service.**
NCC says it owns local Bixi service and expects Quebec firm will honour contract, despite filing for bankruptcy protection

Montreal's bike-sharing service, Bixi, has gone bust, but Ottawa's is still afloat, as it's independently owned by the National Capital Commission.

Bixi in Montreal has filed for bankruptcy protection, but NCC spokesman Jean Wolf said the service will operate in Ottawa as normal come April 15.

"It is premature to talk about (bankruptcy)," Wolf said when asked what would happen if the Montreal BIXI went belly up completely.

Metro reported in the fall that the NCC was looking for another operator for the Capital Bixi. Wolf said the NCC has received expressions of interest, but would not say how many. He said a new operator is not expected to be named until the end of the 2015 biking season.

Montreal Mayor Denis Coderre said Monday that the Montreal service is still expected to operate this summer.

However, Coderre said the City of Montreal can't lend Bixi any more money.

Montreal has provided $37 million in loans to Bixi and is covering about $11 million in loans for the Public Bike System Company, which runs the bike-sharing service and was created by the city.

"It's not the role of the city to replace private enterprise," Coderre told a news conference.

Bixi was developed in Montreal in 2008 and expanded internationally to countries such as the United States and Australia.

Coderre says Bixi has been trying to sell its international operations to raise money, but has been unsuccessful so far.

It also operates in Ottawa and Toronto, but Mayor Rob Ford has said Toronto should get rid of the Bixi program because it loses money.

Bike riders can join Bixi for a yearly fee or pay a casual rate for use. **METRO/WITH FILES FROM THE CANADIAN PRESS**

# Royal Canadian Mint worker, 22, suffers first-degree chemical burns to his face

A 22-year-old worker at the Royal Canadian Mint is in stable condition after suffering first-degree chemical burns to his eyes, face, ears and the back of his neck.

Ottawa paramedics got the call to the mint just before 8 a.m. on Monday.

The man was treated at the scene for exposure to a mix of chemicals, including silver nitrate, and was taken to hospital.

The paramedics say although his wounds are considered mild, burns caused by chemicals can continue to affect the exposed area for several hours after the initial contact.

**THE CANADIAN PRESS/ CFRA/1310NEWS**

The Royal Canadian Mint building in Ottawa. TORSTAR NEWS SERVICE FILE

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# ‘Let’s build on MLK’s spirit’: Dream Keepers award winner

**Building a tolerant community.** Former governor general is among the award recipients

Dream Keepers award recipients Heyam Qirbi, Michaelle Jean and Allison Fisher speak to well-wishers at Ottawa City Hall. DENIS ARMSTRONG/FOR METRO

Former governor general Michaelle Jean said that she didn’t feel she had done enough to be awarded the 2014 Dream Keepers award for Lifetime Achievement at city hall on Monday.

Jean was one of three women recognized for the Dream Keepers award handed out every year on the third Monday of January — around Jan. 15, birthday of Martin Luther King, Jr. — to community builders who have worked hard to make Martin Luther King’s vision of a racially-tolerant society a priority in Ottawa. Author and Mothers for Peace founder Heyam Qirbi and Allison Fisher, executive director of the Wabano Centre for Aboriginal Health were also recognized for their “Outstanding Leadership.”

Since stepping down as the governor general in 2010, Jean has headed the Michaëlle Jean Foundation, a national charitable organization that works with community arts organizations and government to help underserved youth use the arts to change their lives and their communities.

“I’m grateful for this sincere recognition,” Jean said in an emotional speech. “But I feel like I need another life when we still have so much more to do.”

Jean said today’s “bling-bling mentality ... produces people more concerned with the label on their shirt than their neighbour. We need to focus on the civil responsibility and the power of good. Let’s build on Martin Luther King’s spirit. MLK teaches us that anything is possible as long as the dream keeps burning in our hearts.”

Dream Keepers was created by Ottawa native and former diplomat Daniel Stringer after experiencing the racial tensions and social injustices while living in Paris and New York. DENIS ARMSTRONG/FOR METRO

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# Nine people homeless after fire guts bungalow

Firefighters gather up hoses after battling a blaze at 68 Wigan Dr. DENIS ARMSTRONG/FOR METRO

A family of nine is homeless after a two-alarm fire gutted their home at 68 Wigan Dr., near Meadowlands and Fisher, on Monday.

A kitchen fire began at 1:30 p.m. after cooking oil ignited, quickly spreading in spite of an occupant attempt to put it out.

The single-story, three-bedroom house, was fully engulfed when Ottawa Fire services arrived. It took between 40-50 firefighters about an hour to bring the blaze under control. Three people and one pet at home at the time got out safely.

At one point firefighters had to adopt a defensive strategy because they were concerned the fire might spread to a neighboring home.

Damage is estimated at $350,000 for building and $100,000 for contents. The family, which owned the house, has insurance. An Ottawa Fire Services Investigator was on location to determine the precise cause. On Monday evening fire officials confirmed unattended cooking was the root of the fire and warned residents to never leave a stove on unattended.

DENIS ARMSTRONG/FOR METRO

# Noted Canadians supporting Neil Young

**Oilsands.** Letter from artists, authors, scientists calls for a land where 'laws are not written by powerful oil companies'

More than 20 notable Canadians have penned a letter to support musician Neil Young following his concert tour to raise money for a First Nation fighting oilsands expansion in northern Alberta.

The group includes creative and performing artists, authors, scientists and a lawyer.

Actor Neve Campbell, Booker-prize-winning author Michael Ondaatje and musician Gord Downie of the Tragically Hip are among those who signed the letter. It says that Young's tour raised more than $500,000 to help the Athabasca Chipewyan band pay for a legal attempt to protect its traditional land.

The letter also says that Canada must decide if it wants to protect the environment. Young played Toronto, Winnipeg, Regina and Calgary.

THE CANADIAN PRESS

**First Nations rights**

**"The time has come for Canada to decide if we want a future where First Nations rights and title are honoured."**

Excerpt from the letter released Monday.

Actress Neve Campbell, one of 20 who gave support. ANGELA WEISS/GETTY IMAGES

## Rosetta spacecraft.
## Sleeping comet-chaser sends its first signal home: 'Hello world!'

A comet-chasing space probe that has been in hibernation for almost three years has woken up and sent its first signal back to Earth.

The European Space Agency received the all-clear message "Hello World!" from its Rosetta spacecraft some 800 million kilometres away shortly after 7 p.m. Monday (1800 GMT; 1 p.m. EST).

Rosetta was put into hibernation in 2011 to conserve energy for its long journey to meet with comet 67P/Churyumov-Gerasimenko.

If all goes as planned, the probe will rendezvous with the comet in the coming months and drop a lander onto its icy surface in November.

THE ASSOCIATED PRESS

An artist's impression of Rosetta.
THE ASSOCIATED PRESS

**B.C. Appeal Court**

### Court considers how far cops can go in a cell search

Police should be required to obtain a search warrant before combing through the texts, emails and other data on a suspect's smartphone after arrest, a defence lawyer told B.C.'s highest court on Monday.

The case, involving a kidnapping nearly eight years ago, is the latest to consider when police should be able to search the information stored on cellphones.

Courts across the country have grappled with the question of when police should be permitted to search the contents of computers or smartphones.

THE CANADIAN PRESS

**Fredericton**

### Man in custody following a machete attack

Four people were injured, including the suspect, following an attack at a Fredericton college involving a machete-style knife, police said Monday.

Cops responding to the attack at Eastern College found three injured victims: two teachers and a student, Fredericton police Chief Leanne Fitch told a news conference.

Fitch said a student had the man subdued on the floor of a hallway when police arrived. The three victims were taken to hospital with non-life-threatening injuries. The suspect also had minor injuries.

THE CANADIAN PRESS

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# Anger, applause for PM at Knesset

**Israel.** Harper receives standing ovations for speech calling Israel's opponents anti-Semites, as pair of members storm out

Prime Minister Stephen Harper addresses the Knesset in Jerusalem on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Prime Minister Stephen Harper warned Monday of a new age of anti-Semitism, staking new ground in his allegiance to Israel by telling the country's parliamentarians that those who oppose the Jewish state are little more than hateful anti-Semites.

The loathing for Jews that resulted in the "horrors of the death camps" of Nazi Germany was crude and ignorant, Harper said in a historic speech to the Knesset, the first such address before the Israeli parliament by a Canadian prime minister.

"But in much of the western world, the old hatred has been translated into more sophisticated language for use in polite society," he said.

"People who would never say they hate and blame the Jews for their own failings or the problems of the world instead declare their hatred of Israel and blame the only Jewish state for the problems of the Middle East."

Harper's speech was greeted by several prolonged standing ovations — and one dramatic outburst that served to illustrate the tense relations that characterize the Jewish-Arab relationship in the region.

"Israel is an apartheid state," shouted Ahmad Tibi, an Arab-Israeli member of parliament who then stormed out of the Knesset, followed by a colleague.

The pair angrily strode from the chamber after Harper assailed the "twisted logic" of making such a comparison to South Africa's racist regime.

Throughout his speech, Harper looked back into history, touching not just on the Holocaust but Canada's own refusal in the 1930s to help Jewish refugees, something he deemed a "terrible mistake."

He spoke of the founding of Israel as a place where people could "seek shelter from the shadow of the worst racist experiment in history."

While criticism of Israeli government policy isn't anti-Semitic, Harper said, criticism that targets only Israel while ignoring violence and oppression in its neighbours is unacceptable.

"It is, thus, a Canadian tradition to stand for what is principled and just, regardless of whether it is convenient or popular," Harper said. "But, I would argue, support today for the Jewish state of Israel is more than a moral imperative. It is also of strategic importance, also a matter of our own, long-term interests."

Harper said the forces that have threatened Israel "every single day of its existence" threaten all countries, "as 9/11 graphically showed us."

The prime minister said he refused to single out Israel for criticism, saying it is easy to follow the international crowd and focus only on one country — a "go-along-to-get-along" approach he described as both weak and wrong.

But Canada would be quick to welcome a new sovereign Palestinian state if its leaders chose democracy and peace, he added. THE CANADIAN PRESS

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# On Sochi's outskirts, the Olympic project is no game

Irina Kharchenko walks away from her house beside the screen separating her yard and a federal highway in the village of Vesyoloye, outside Sochi, Russia, last November. As the Winter Games are getting closer, many Sochi residents are complaining that their living conditions are getting worse, and authorities seem deaf to their grievances. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

A new $635-million highway on the outskirts of Sochi stands next to a crumbling apartment block with a red "SOS!" banner on its roof.

The residents of 5A Akatsy St. have lived for years with no running water or sewage system. Construction for the 2014 Winter Games has made their lives more miserable. The new highway has cut them off from the city centre.

The slum is one of the many facets of a hidden dark side in the host city of next month's Winter Olympics, which stands side-by-side with the glittering new construction projects that President Vladimir Putin is touting as a symbol of Russia's transformation to a modern economy.

While state-run TV trains its cameras on luxury malls, sleek stadiums and high-speed train links, thousands of ordinary people in the Sochi area put up with squalor and environmental waste: Villagers living next to an illegal dump filled with Olympic construction waste, families whose homes are sinking into the earth, city dwellers suffering chronic power cuts despite promises to improve electricity.

Putin promoted the Sochi Games, which begin on Feb. 7, as a unique opportunity to bring investment to the Black Sea resort and improve living standards for its 350,000 residents. Looking back at those promises, many residents, weary from years of living in the midst of Russia's biggest construction project in modern history, say they have yet to see any improvement in their lives and point to an array of negative effects. THE ASSOCIATED PRESS

# U.S. to ease economic sanctions on Iran

**'An important step forward.'** The White House applauds Iran's scale-back of its nuclear program

The United States will begin easing economic sanctions on Iran after it began shutting down its most sensitive nuclear work on Monday, the White House said.

Iran's move was part of a landmark deal struck late last year with the U.S., five other world powers and the European Union to ease concerns over Tehran's nuclear program and provide for the partial removal of some of the economic sanctions that have crippled the Iranian economy. Iran has insisted that its nuclear program was for peaceful purposes only.

The United Nations nuclear agency, the International Atomic Energy Agency, confirmed Monday that higher-level uranium enrichment at a facility in central Iran had stopped, an important step among others that together provided officials with the evidence needed to conclude that Iran was holding up its end of the agreement.

The White House, which has vowed to prevent Iran from developing nuclear weapons, hailed Iran's actions as "an important step forward."

The European Union announced earlier Monday it was also suspending some of the sanctions it had imposed on Iran.

THE ASSOCIATED PRESS

**Syrian peace talks**

## *Iran invitation withdrawn*

A last-minute UN invitation for Iran to join this week's Syria peace talks threw the long-awaited Geneva conference into doubt Monday, forcing UN chief Ban Ki-moon to rescind his offer under intense U.S. pressure after the opposition threatened to boycott. The conference is set to begin Wednesday.

## Flood hits French Riviera

**Motorboats lie wrecked in the port of La Londe Les Maures, near Toulon, southern France, Monday, after unusually heavy rains flooded the French Riviera, leaving two people dead and some thousands without electricity or access to roads.** CLAUDE PARIS/THE ASSOCIATED PRESS

**C. African Republic**

## Woman named interim president

Members of a national transitional council chose the female mayor of Central African Republic's capital to lead the country out of chaos Monday, as a top UN official urged the international community to keep the nation from "crossing the tipping-point into an all-out sectarian conflict." At two meetings in Brussels, international donors pledged a total of $496 million in humanitarian assistance and European Union foreign ministers took a first step toward potentially deploying hundreds more troops to reinforce French and African peacekeepers to secure the lawless and violent country where nearly 1 million people are displaced. Bangui Mayor Catherine Samba-Panza became the first female leader in the country's history. THE ASSOCIATED PRESS

**Pakistan**

## Suicide bomber hits military city

A Taliban suicide bomber blew himself up near Pakistan's main military headquarters in Rawalpindi on Monday, killing 13 people just a day after the militants killed 26 troops inside an army compound in the northwest of the country, officials said.

THE ASSOCIATED PRESS

**Warning**

## Militants could seize power: Iraq

Islamic militants controlling a mainly Sunni area west of Baghdad are so well-armed they could occupy the capital, a top Iraqi official warned Monday, a bleak assessment of the challenge in routing the insurgents, as a new wave of bombings killed at least 31 people. THE ASSOCIATED PRESS

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**Market Minute**

**DOLLAR**
**91.32¢**
**(+0.21¢)**

**TSX**
**13,990.29**
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Nasdaq and Dow Jones closed for Martin Luther King Jr. Day.

**Private firms**

## 14 companies bid to destroy Syrian chemicals

The Organization for the Prohibition of Chemical Weapons says 14 companies have entered bids to destroy chemicals removed from Syria. THE ASSOCIATED PRESS

**Regional routes**

## WestJet Encore to take off this June

WestJet Airlines unveiled Monday details for the eastern expansion of its regional WestJet Encore service this summer.

The Calgary-based airline said WestJet Encore will start June 27, with routes between Toronto and Thunder Bay, Ont., and between Thunder Bay and Winnipeg.

The airline has been growing its regional service since last June from its base in Western Canada. WestJet did not say what additional routes will be added, but it expects that about half of its four to six per cent capacity growth in 2014 will come from Encore. THE CANADIAN PRESS

**Cross-border shoppers**

## Target card breach may hit Canadians

Target is warning Canadians that a security breach may have led to their personal info being stolen. Shoppers who went to U.S. Target stores between Nov. 27 and Dec. 15 were affected. THE CANADIAN PRESS

# With this (insured) ring I thee wed

**For better, for worse.**
With the cost of tying the knot soaring, couples are committing to insurance for their big day

Worried about the bride getting cold feet? There's an insurance policy for that.

With the cost of the average American wedding reaching about $26,000 US, insurers have been selling a growing number of policies to protect against losses from extreme weather, illness and, in one firm's case, even a sudden change of heart.

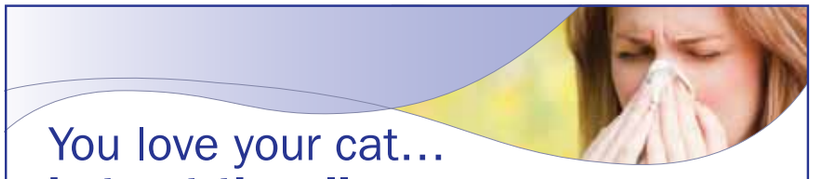
Cheryl Winter spent $500 US for Hartford-based Travelers Cos. Inc. to cover her daughter's $50,000 US destination wedding last October in New Orleans, where her biggest concern was a potential hurricane. The weather co-operated, but the limousine never showed up. Her daughter took a taxi to the church, and they used the insurance policy to claim the deposit money they couldn't get back from the limo driver.

The insurance is offered by a small number of U.S. companies. Insurers declined to provide data on the number of customers beyond saying they are growing steadily. It can cover losses from issues ranging from bankrupt wedding halls to cancellations forced by unexpected military deployments. Travelers says issues with vendors account for about a quarter of the claims, with most of those related to issues with photographers or videographers.

THE ASSOCIATED PRESS

## Credit card execs apologize for data theft in South Korea

The heads of three major South Korean credit card firms, from left, NH Nonghyup Card head Sohn Kyung-ik, Lotte Card CEO Park Sang-hoon and KB Kookmin Card CEO Shim Jae-oh, bow to offer a public apology during a news conference in Seoul on Monday. The firms were the victims of a massive theft of personal data linked to 80 million cards, including salaries, monthly card usage, credit rating and card numbers. Cardholders are flocking to bank branches and overloading call centres and service websites to find out whether their information was stolen. KIM JU-SUNG/YONHAP/THE ASSOCIATED PRESS



You love your cat…
**but not the allergy**

Cat allergy symptoms such as **itchy and watery eyes, sneezing and stuffy nose** can make you feel miserable. If you have tried different treatments with little or no relief, there may be another option for you.

Local doctors are conducting a research study of an investigational treatment to see if it helps reduce the symptoms associated with cat allergy. If you are between the ages of 12 and 65 and have experienced cat allergy symptoms for at least two years you may qualify.

Qualified participants will receive all study related exams and study medication at no cost. Compensation for time and travel may be available.

**For more information, please call 613-599-5700 ext. 23 or email kanataallergy@gmail.com**

CATALYST
The cat allergy study
**www.thecatallergystudy.com**

# Insured losses hit $3.2B in 2013

Ice, floods and thunderstorms made 2013 the worst year ever for severe weather insurance losses in Canada.

The Insurance Bureau of Canada says the December ice storms in southern Ontario and Atlantic Canada caused more than $200 million in insured losses, pushing total severe-weather payouts to policyholders last year to $3.2 billion.

"In 2013, the terrible effects of the new weather extremes hit Canadians hard," CEO Don Forgeron said Monday in a release.

"From the Alberta floods last summer to the ice storms in Ontario and Atlantic Canada over the holidays, frankly, bad weather hit insurers hard too."

The insurance bureau said the largest disaster was flooding that soaked southern Alberta after torrential rains in June.

That caused more than $1.74 billion in insured damage.

THE CANADIAN PRESS

# 'Charge rage' jolts Silicon Valley

An increasing number of electric-vehicle driving employees at Silicon Valley companies are finding it hard to access car-charging stations at work, creating incidents of "charge rage" among drivers.

Installation of electric vehicle charging ports at some companies has not kept pace with soaring demand, creating thorny etiquette issues in the workplace, the San Jose Mercury News reported.

Peter Graf, chief sustainability officer for German software company SAP, says the company's 16 charging stations are now not nearly enough for the 61 employees who drive electric vehicles.

Graf says cars are getting unplugged while charging, creating animosity between employees. A recharge can take as little as 30 minutes.

THE ASSOCIATED PRESS

# TICK-TOCK, DRINK COFFEE ON THE CLOCK

SHE SAYS
**Jessica Napier**
metronews.ca

In the dark depths of winter, it can be a challenge to convince myself to leave the house, but nothing will force me out the front door in freezing temperatures like the need for caffeine.

Back in the 1980s, Starbucks president and CEO Howard Schultz envisioned the urban coffeehouse as a kind of "third place" between work and home, a space for individuals to come together to engage in conversation and develop a sense of community. Twenty years and 20,000 plus stores later, most Starbucks locations have been colonized by armies of laptop-wielding students and freelancers who treat these cafés as their own personal workspaces, spreading out over multiple tables and taking advantage of the free Wi-Fi for hours at a time.

And it's not just coffee shop patrons who tend to overstay their welcome. Managers at a McDonald's in Flushing, N.Y., are at a standoff with a group of elderly customers who have been parking themselves in the seating area for long periods of time and refusing to leave. While most fast food restaurants try to enforce a standard 20-minute time limit, these defiant customers have been camping out on a daily basis from early in the morning until late at night while nursing only a cup of coffee or splitting a small order of french fries amongst themselves. Not only is this bad manners, it's also bad for business. The lack of available seating for new paying customers has prompted the staff to call the local police to help eject the group, but these rebellious elders keep coming back.

In any city there is a definite need for public gathering spaces, but private companies shouldn't be obligated to provide this type of service. So while it is nice for these seniors to be able to come together and socialize in a warm, well-lit environment, there also seems to be a gross sense of entitlement on display from these colonizing customers who insist on lingering all day long without paying their fair share. Some people might criticize McDonald's for kicking them out into the cold, but even monolithic corporations have a right to manage their locations in a profitable way.

In Europe, one particularly unique café seems to have solved the problem of loitering clients by entirely rethinking the concept of time limits. At Ziferblat, a Russian chain which opened its first U.K. outpost in London, England, earlier this month, guests don't pay per beverage, rather they're charged about five cents for every minute they spend inside the establishment.

Named after the Russian word for clock face, Ziferblat offers a unique kind of community space where clients are treated more like micro-tenants than customers. Visitors are welcome to use the kitchen facilities, provided they clean up after themselves, and enjoy complimentary tea, coffee and snack foods. In fact, everything is free except for the time you spend there.

Two years after launching their first outpost in Russia, the founders of Ziferblat stress that the café is more of a social project than a business model. But this pay-per-minute concept might just be the right approach when it comes to combating those free-loading regulars.

Follow Jessica Napier on Twitter @MetroSheSays

## ZOOM

# Tiger friends — they're grrrreat

ROBERTUS PUDYANTO/GETTY IMAGES

### Man and big cat make best buds

Mulan Jamilah, a six-year-old Bengal tiger and Abdullah Sholeh, 33, play in the garden beside their home on Monday in Malang, Indonesia.

Abdullah is an Islamic student who has become a best friend and a full-time nanny to the tiger. Mulan's owner, Noer Muhammad Sholeh, 51, asked Abdullah to take care of the tiger when it was a three-month-old cub.

Abdullah regularly sleeps, plays and fights with the huge tiger. The pair are so inseparable, he often opts out of sleeping in his own bed to sleep alongside the big cat in her enclosure.

GETTY IMAGES

**No friend too big or small**

## 178 kg

Mulan now weighs 178 kilograms, is three-metres long including the tail and one-metre high. For security reasons, they have had to install metal bars to separate them when they are together in the enclosure. Mulan is fed six kilograms of chicken or goat meat twice a day.

**Clickbait**

LUKE SIMCOE
Metro Online

ISTOCKIMAGES

**Whether it was Facebook's ever-changing settings, Google's willingness to put your profile pic next to an ad somewhere, or leaked documents suggesting the U.S. government is spying on pretty much everyone, 2013 was the year where privacy concerns went mainstream. There's plenty of reasons to care about privacy, even if you've got nothing to hide. So let's make a belated New Year's resolution to take back control over our own data. Here are some web browser extensions to help clean up your trail of online bread crumbs:**

### AdBlock Plus:

**I honestly don't remember what the Internet looked like before I installed AdBlock Plus. In addition to blocking pesky banner ads and pop-ups, this extension also disables third-party tracking cookies and scripts.**

### Disconnect:

**This app works on almost any web browser (even Internet Explorer!) to block third-party tracking cookies and other website scripts. Disconnect also protects you from tracking by social media sites like Facebook and Twitter, which follow you around the web collecting your browsing data for their coffers.**

### HTTPS Everywhere:

**Considered a must-have by security experts, this extension shunts you to a more secure connection on any website that offers it. It's a very easy way to make your browsing more private without lifting a finger.**

**Twitter**

**@metropicks asked: At @ziferblat-london visitors are welcome to tea, coffee but pay 5¢ a minute for the stay. Would this work in your city?**

**@Canucklehead_ca:** At the rate I consume coffee this would actually be a pretty sweet deal.

**@ctmwyn:** I kind of wish there'd be hotels with the same pricing scheme as @ziferblatlondon #PayAsYouGo #ByTheMinute

**@theReal_KPHILL:** not a car wash, Going out for Coffee I wanna relax, chat, check my phone, don't wanna feel rushed

**WE WANT TO HEAR FROM YOU:**
Send us your comments: ottawaletters@metronews.ca

metro

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SCENE 2

DVD review

## Captain Phillips

**Director.** Paul Greengrass

**Stars.** Tom Hanks

The high-seas survival drama Captain Phillips raises the pulse and tweaks the conscience. Directed by Paul Greengrass, who makes smart thrillers, and starring Tom Hanks in his best role in years, this isn't simply a tale of heroism and adventure. There is anxiety on both sides of the gun. We certainly cheer on Hanks as real-life seafarer Capt. Richard Phillips. In the spring of 2009, Phillips faced almost certain death after his cargo ship and crew of 20 were hijacked off the coast of Somalia by four armed men who demanded millions of dollars in ransom. We are also asked to consider the desperation of the four pirates. The well-rounded script by Billy Ray (The Hunger Games, Shattered Glass), based on Phillips' own account, shows how the hijackers are driven by extreme poverty and also by the warlord's bullets that await them back home. Hanks dials down his usual ebullience to radiate quiet determination as Phillips. This film leaves you not singing God Bless America, but rather pondering a dysfunctional world where hollow-eyed men of skin and bones feel compelled to take on a superpower.

PETER HOWELL

# Fallon owns the night

**From Jay to Jimmy.**
Late Night host gears up to take the Tonight seat from Leno, but will his style stay the same?

Jay Leno, left, and Jimmy Fallon pose backstage at the Golden Globe Awards in this Jan. 2013 file photo. Leno is set to wrap up his 22-year run as host of The Tonight Show, and Fallon — who has hosted Late Night since 2009 — will take over the gig. THE ASSOCIATED PRESS FILE

Jimmy Fallon's Tonight show, which debuts next month with actor Will Smith and U2 as guests, will look familiar to people who appreciate his current work in the time slot following Jay Leno.

Fallon said he doesn't expect to change his brand of comedy to tailor himself to an earlier time slot. Fallon and his successor at Late Night, Seth Meyers, met with reporters Sunday as NBC begins the delicate process of a late-night transition.

"This show has completely changed from when I first started," Fallon said of Late Night, which he has hosted for five years. "I feel like we've blossomed into what will become the new Tonight show."

He rejected the idea of changes to make himself more appealing to an older, middle American audience that likes Leno. It's a delicate subject at NBC, where executives believe Conan O'Brien's limited appeal doomed their first effort to replace Leno. The executives anticipate Fallon's light-hearted comedy translating better.

Leno closes his two-decade run on Tonight Feb. 6 with Billy Crystal and Garth Brooks as guests. On Feb. 17, Fallon debuts a week's worth of shows at midnight following NBC's coverage of the Winter Olympics. He moves into his regular time slot a week later, followed by Meyers, who has Saturday Night Live chum Amy Poehler booked as his first guest.

NBC's entertainment president, Robert Greenblatt, said he'd like to keep Leno at NBC, perhaps to host regular specials. Fallon said he's not worrying about whether Leno leaves NBC and decides to keep working in late-night TV elsewhere.

Fallon said he called Leno when he got the Late Night job to reassure him he wasn't gunning for Leno's gig. He said they have spoken regularly, and he's taken some of Leno's advice, most prominently to make his nightly monologues longer.

"He's a good guy," Fallon said.

Fallon's Tonight show "should be goofy and fun and make everybody laugh. That's our job," he said. He said he appreciates showing different sides of celebrities by getting them involved in skits or games, like when Tom Cruise cracked two raw eggs on his head. Fallon's musical skits are among his most memorable. He said he alerted New Jersey Gov. Chris Christie's office ahead of time about his recent duet with Bruce Springsteen that spoofs Christie's traffic jam scandal.

Quoted

**"I feel like we've blossomed into what will become the new Tonight show."**

Jimmy Fallon on the style of his Late Night show

Although Fallon is moving Tonight to New York from the West Coast, he said he will take the show on the road, including to Los Angeles, for a couple of weeks a year.

Some critics have noted that the formal title of the show is changing from the Tonight Show With Jay Leno to the Tonight Show Starring Jimmy Fallon. Fallon said it was an homage to the show's roots.

Meyers said the legacy of Late Night is that hosts get to do weird things and that people have a little more patience with it.

But he seems very much the traditionalist. The current head writer of Saturday Night Live values writing, and he's brought the author of his SNL Weekend Update segments over to lead his own writing team. Meyers said he's looking to build a stable of writer-performers and that a strong monologue will be key to his show. "If you get too hung up on the legacy of what you're getting into, it gets in the way of the work," Meyers said. "Our goal is to be as funny as we can and get better every night."

THE ASSOCIATED PRESS

# Hader, Wiig take dramatic turn at Sundance

The trailer for The Skeleton Twins will likely sell it as a comedy when this freshly minted Sundance 2014 hit heads to theatres later this year.

That's how these things go, and the movie does star two of the funniest people going: Kristen Wiig and Bill Hader, former partners in mirth on TV's Saturday Night Live. They play squabbling twin siblings Maggie and Milo, estranged for 10 years through family dysfunction and life interruptions, who are suddenly brought together again.

It's very funny, especially in the most-talked-about scene since the film had its world premiere Saturday to audience and critical raves. It's the one where an angry Maggie struggles to keep from smiling and joining in when Milo starts lip-synching and dancing to Nothing's Gonna Stop Us Now, a cheeseball 1987 life-affirming pop hit by Starship.

But what really makes this film, which Craig Johnson directed and co-wrote (with Mark Heyman), is the true-to-life drama it seamlessly folds into the narrative.

When we first meet Maggie and Milo, they're on opposite coasts — he's in L.A., she's in upstate New York — yet they're joined in the desperate acts of suicide attempts. It's a grim coincidence (or is it?) and it's not spoiling anything to say their failed exit bids brings them together under one roof, where they have to deal with serious issues related to their broken childhood, chronic depression and bad life choices.

Wiig and Hader have long been known for their comedy,

Bill Hader and Kristen Wiig in The Skeleton Twins. CONTRIBUTED

and they previously teamed on the big screen for the comic coming-of-ager Adventureland, which premiered at Sundance 2009. With The Skeleton Twins, Wiig and Hader show they have impressive dramatic chops, while still keeping us smiling. Nothing's gonna stop them now. TORSTAR NEWS SERVICE

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

Tumblr got a taste of Blue Ivy's White House visit over the weekend.
TUMBLR: IAM.BEYONCE.COM

## *Of pop stars, politicians, puppies and a pint-sized princess*

MELINDA TAUB
Metro World News

The great thing about two-year-olds is that glamour doesn't exist for them. Sure, it's great for a baby if her parents are huge pop stars who hobnob at the White House, but the number one item on her agenda is still "Doggy doggy doggy doggy doggy."

Beyoncé visited said White House this past weekend to perform for Michelle Obama's 50th birthday, and she brought husband Jay Z and their daughter Blue Ivy along for the ride. Blue, clad in cat ears and an adorable white tulle gown that I would have murdered for when I was little, got to check out the White House Christmas tree and watch her mom perform, according to the sweet photos posted on her mama's Tumblr.

But could any of that compare to the sublime fuzziness of the Obama's Portuguese water dog, Bo? Beyoncé posted several blurry but adorable snaps on Tumblr of Bo and Blue making friends.

Maybe, instead of renting out a zoo and buying her a miniature Porsche for her second birthday last week, Jay and B should have gotten Blue a puppy.

## Michael C. Hall won't slash the idea of recreating his killer role

Possible bad news for Oregon loggers: Michael C. Hall won't rule out a return to playing Dexter. But he'd want to see the finish line.

Hall, promoting his movie Cold in July at the Sundance Film Festival, said in an interview over the weekend that he agreed with Showtime executives who recently declared that any potential spin-off series would have to include Hall.

"Masuka! I would watch that," he joked, referring to the show's humorous forensics specialist Vince Masuka, played by C.S. Lee.

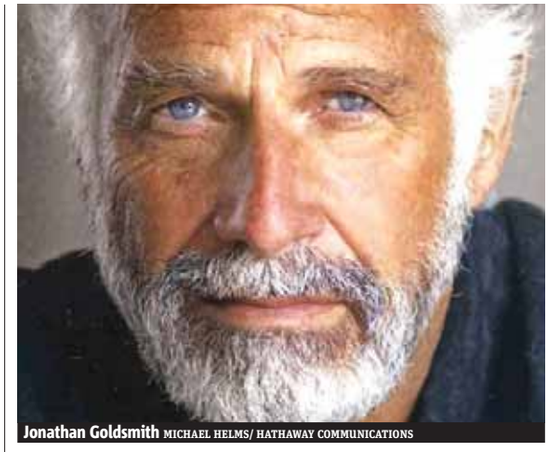
More seriously, Hall said of a possible spin-off series, "I can't even wrap my mind around that. And it's all just theoretical until there is some sort of script reflecting somebody's idea of where it could possibly go. But it's hard for me to imagine what that would be."

Hall, 42, also won't rule out a return to TV more generally.

Michael C. Hall GETTY IMAGES

"Yeah, as far as playing Dexter again for an undefined amount of time, that's a little daunting to consider. But doing another television series ... There's a lot of amazing stuff on TV. I don't want to do that right away. But I wouldn't say never to that."

THE ASSOCIATED PRESS



Jonathan Goldsmith MICHAEL HELMS/ HATHAWAY COMMUNICATIONS

## He doesn't often show his soft side, but when he does, it's for the dogs

The most interesting man in the world is helping a Vermont-based company raise money to fight cancer in dogs.

Jonathan Goldsmith is a Manchester resident made famous by his role in the Dos Equis beer commercials. But he's also a dog lover hoping to raise funds for the Denver-based Morris Animal Foundation, which promotes veterinary research for companion animals, horses and wildlife.

Goldsmith made an online commercial with his Anatolian shepherd Willy as part of a campaign by the Manchester-based Orvis Co., which is known for its outdoor apparel but also has a dog catalogue. He says he lost a dog to cancer and is glad to support a good cause. THE ASSOCIATED PRESS

## Barrymore isn't keen on her kin baring it all as an adult

Drew Barrymore GETTY IMAGES

Drew Barrymore's daughter, Olive, is only 15 months old, but mom is already setting down some ground rules. "I would not let her" pose for Playboy, Barrymore tells ABC News. Barrymore did a spread for the magazine when she was 19. "I don't think I would. I would influence her not to, because my life choices aren't supposed to be the gateway to somebody else's. That's my journey." METRO

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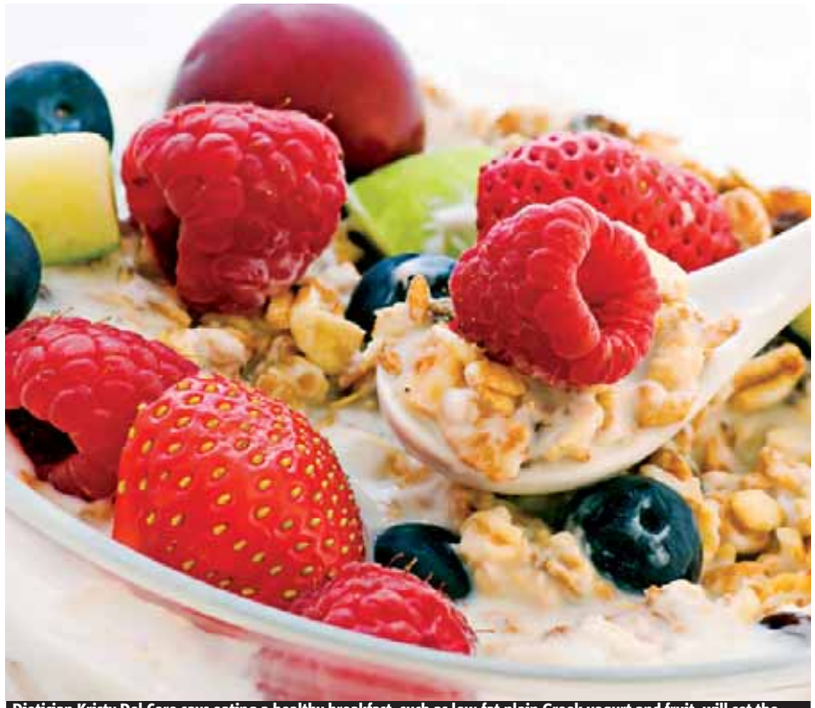
# 5 steps for a healthier you

**It's not as hard as you think.** Sometimes it's as easy as getting out for a walk and drinking more water



Dietician Kristy Del Coro says eating a healthy breakfast, such as low-fat plain Greek yogurt and fruit, will set the tone for the entire day. ISTOCK

Committing to living a healthier lifestyle doesn't have to mean major dietary restrictions and rigorous workouts.

Kristy Del Coro, a registered dietitian and nutritionist in New York City, offers five easy tips in getting healthy.

**Eat breakfast**

Eating a healthy breakfast sets the tone for the day. Most studies show skipping breakfast to "save your calories" does just the opposite, causing people to consume more calories later in the day.

Your best bet? Start with lean protein, complex carbohydrates and some healthy fat to give you energy and keep you satisfied until your next meal. Some good go-to combinations are whole grain toast with all-natural nut butter (peanut, almond, walnut); steel-cut oatmeal topped with berries and unsalted nuts; low-fat Greek plain yogurt with fresh fruit; or, if you have a little extra time in the morning, an omelet made with one egg and two or three egg whites, easy-to-cook veggies like spinach and mushrooms.

**Get up and get out**

One of the first things you can do for your health is to move more. Small changes like getting off the subway a stop early, taking the stairs at work or carving out 10 minutes on your lunch break to go for a walk really make a difference.

**Hydrate, hydrate, hydrate!**

An easy first step in feeling healthy is to rehydrate. This means taking a hiatus from sugary drinks and alcoholic beverages, and loading up on caffeine-free, sugar-free fluids. Any variation of water will do — seltzer, mineral or tap. To keep a little excitement in your beverage, I suggest adding some slices of fresh citrus (grapefruit, orange, lemon or lime) or even fresh mint for natural sweetness.

**Curb your sweet tooth**

One of your priorities in starting fresh is to swap out those nutrient-poor simple carbohydrates with nutrient-dense complex carbohydrates like fruits and vegetables, whole grains and legumes.

If you've really developed a sweet tooth (craving sweets after every meal), you may need to go cold turkey to help get on track. Before you know it, the cravings will subside and you can go back to enjoying sweet treats every once in a while as part of a balanced diet.

**Set yourself up for success**

To ensure success, it is a good idea to plan ahead. Think of at least one new positive step you can take per week that you know you can achieve. Whether it's focusing on exercise, curbing your sweet tooth or eating more balanced meals, it may pay off more in the long run to just start with one instead of trying to achieve everything at once.

Whatever you choose, create an environment conducive to achieving that goal.

This may mean signing up for a fun exercise class at the gym with a friend, getting rid of any tempting sweets in the house, or stocking your fridge full of colourful fruits and vegetables that inspire you to cook healthy delicious meals at home.

For many people, selecting one area to focus on at a time is less overwhelming and often more realistic.

METRO

**Review**

## *Visualize your goals with a calorie tracker*

**MIND THE APP**
Kris Abel
@RealKrisAbel
scene@metronews.ca

Calorie Counter by MyFitnessPal
iPhone/iPad/Android
Free

Find nutritional information for everything you eat with this barcode-scanning calorie tracker that visualizes your progress with helpful charts while keeping your goals in view through reminders and informed feedback.

**Half-Off**

**Elisha is now two weeks into her plan to lose 10 pounds in six weeks. Will her fear of working out in public help or hinder her plans? Visit metronews.ca/voices/half-off to find out.**

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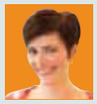
# You're just five steps and one pan away from McIntosh Pork Chops

**Health Solutions**

## *An apple a day... well, you know the rest*



**NUTRI-BITES**
Theresa Albert
DHN, RNCP
myfriendinfood.com

How do you like them apples?

Some are good to cook, others are best eaten out of hand, but the true Canadian Mac can do both.

McIntosh are great cold-weather fruit that have all the health benefits including vitamin C and high amounts of the gelatinous pectin that helps remove cholesterol from your system.

Have you thought of trying them like this?

- Braised in apple juice as a simple dessert.
- Used in cooking, particularly with pork.
- Cored and stuffed with oats, butter and cinnamon.
- Dipped in stout beer and served with nuts for cocktail hour.

Some apples turn to mush when baked but the mac holds its shape and lends its tart sweetness graciously.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

**This recipe serves two.** COURTESY THERESA ALBERT

**THERESA ALBERT**
myfriendinfood.com

**FLASH FOOD**

From your fridge to your table in 30 minutes or less

Something about sweet-tart Macs goes perfectly with pork chops and this recipe takes very few steps of prep then cooks itself in one pan.

**1.** Cut onion in half and into slices. Brown in oil for 2-3 minutes in a large, heavy skillet with a lid. Set aside.

**2.** Slice apples and set aside on a plate with the onions.

**3.** Brown chops over high heat one at a time and place with apples.

**4.** Pour wine into pan and stir in apple butter and thyme.

**5.** Add chops back with apples and onions, and cover. Turn down to medium and simmer 10-15 minutes until cooked through. Serve with mashed sweet potatoes.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

**Ingredients**

- 1 onion
- 1 tsp grapeseed oil or other
- 2 McIntosh apples
- 1 lb pork chops, 2-3 thin chops
- 1 cup white wine or apple juice
- 2 tbsp apple butter or marmalade
- 2 tsp thyme
- salt and pepper, to taste

# Grapes and mustard sauce dress up chops

**Ingredients**

- 4 1/2-inch-thick boneless pork chops, trimmed of any fat
- Kosher salt and black pepper
- Blending flour, for dredging
- 1 1/2 tbsp vegetable oil
- 1/4 cup finely chopped onion
- 1 cup seedless grapes, halved
- 1/4 cup dry white wine
- 3/4 cup low-sodium broth
- 1/2 tsp dark brown sugar
- 1 tbsp Dijon mustard

**1.** Season pork chops on both sides with salt and pepper. One at a time, dip chops in flour, coating well on both sides, but shaking off excess.

**2.** In skillet over medium-high, heat 1 tablespoon of oil. Add chops to pan and cook until lightly browned on first side, 2 minutes. Add remaining oil to skillet, turn chops and cook for 1 minute on second side. Transfer them to a plate and cover loosely with foil.

**3.** Add onion and grapes to skillet, reduce heat to medium-low and cook, stirring often, until onions are golden brown, about 3 to 4 minutes. Increase heat to high, add wine and bring to a boil. Simmer, stirring, until the wine is reduced to 1 tablespoon. Add veg or chicken broth and sugar and simmer until broth is reduced by half.

**4.** Reduce the heat to medium-low, return the pork to the skillet, along with any juices that have accumulated on the plate and simmer very gently, turning the pork several times, for 1 minute. Transfer each pork chop to a serving plate. Add the mustard to the sauce, whisking, then season with salt and pepper. Pour the sauce evenly over each portion and serve right away.

**THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

**This recipe serves four.** MATTHEW MEAD/THE ASSOCIATED PRESS

# TRY THESE HEALTHY TIPS FOR TRAVELLERS

## AVAILABLE AT RAINBOW FOODS

If snow, freezing rain, and bitter winter temperatures have you planning a trip to sunnier climates, protect yourself by taking some natural first aid items along with you.

Anxious travellers can settle nerves with Bach Rescue Remedy or Calms Forte. And if jet lag and insomnia cause you problems, try Natural Factors' Sublingual Melatonin or Jet Lag by Homeocan.

To ward off colds while you are on vacation, Prairie Naturals Citrus Soother is a hot lemon, honey and ginger drink with echinacea, elderberry and vitamins C and D. Natural Factors' Quick Blast capsules with eucalyptus, peppermint, lemon and echinacea soothe a dry throat and clear your sinuses. NutriBiotic grapefruit seed extract is handy to take along as an anti-viral, antibacterial and antifungal remedy, along with oil of oregano.

Taking probiotics for a couple of weeks before you leave can help build up a healthy intestinal tract, but if stomach upsets take hold, probiotics that do not need refrigeration, such as Bio-K's Travel or Sisu's Bon Voyage, can help.

Finally, enjoy the sun and beach with plenty of natural sunscreens. And if you tend to partake in too many free margaritas, try Himalaya's PartySmart for a better morning after.

CONTRIBUTED

ALINUTE SILZEVICIUTE/COLOURBOX

# KEEP YOUR VIM AND VIGOUR THIS WINTER

## WITH A FLU SHOT AND HEALTHY CHOICES

Many Ottawans find staying healthy a challenge during the winter. Keep your vim and vigour by following these tips.

Get a flu shot. With a nasty variant of the H1 virus causing havoc in Western Canada, it's only a matter of time before it finds its way to the National Capital Region.

"There is simply no replacement for a flu shot," says Dr. Manil Arora. "It's the best way to fight off the infections you're most likely to encounter."

Arora and her team administer flu shots to walk-in patients at A1 Medical Clinic in Merivale Mall (613-228-2020). Two other family doctors at the clinic are accepting new patients.

Drink lots of healthy fluids. Drinking six to eight glasses of water and herbal tea every day will keep your body in top form.

Don't scrimp on sleep. The best way to refuel after a stressful day is to get a good night's sleep.

Load up on fruits and vegetables. Your mom was right — they are good for you.

Exercise regularly. Hit the gym or yoga studio, or better yet, get outdoors — play shinny, skate the canal or cross-country ski. Sunshine and fresh air do wonders for your health.

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# BECOME A DENTAL ASSISTANT AT EVEREST COLLEGE

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After completing one of the dental assistant programs at Everest College — the dental office and chairside assistant program or the intra-oral (Level II) dental assistant program — graduates have a number of career options available in addition to working in traditional dental offices. Many choose to work in hospitals, laboratories, supply manufacturers and public health departments.

Graduates of Everest's dental assistant programs may also choose to work for dental practices that specialize in an area of dentistry, such as: Endodontics — treating diseases of dental pulp and nerve; periodontics — treating diseases of gums and structure surrounding teeth; orthodontics — preventing or correcting teeth irregularities; prosthodontics — designing, manufacturing and fitting artificial replacements for teeth; pedodontics — caring for children's teeth; and oral maxillofacial surgery — treating diseases, injuries and defects in the head, neck, face, jaws and mouth

The programs are comprehensive, and students acquire knowledge in clinical and administrative procedures, as well as hands-on experience in a clinical setting using major equipment, such as amalgamators, dental units and chairs, oral evacuation equipment, oxygen tanks, personal computers, ultrasonic units, and X-ray units.

Everest College offers dental assistant programs at the Ottawa East campus. For more about Everest College, call 1-866-769-6041, or visit TrainAtEverest.ca.

Everest College is an accredited member of ACICS.

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Two of the most common misconceptions about electrolysis are that it's expensive and painful. The fact that electrolysis is the only permanent method of hair removal makes it much less expensive and more convenient than temporary methods. And while there is some sensation — as there is with techniques such as waxing, tweezing, threading and laser hair removal — most clients are pleasantly surprised by how comfortable the procedure is and wish that they had started electrolysis sooner.

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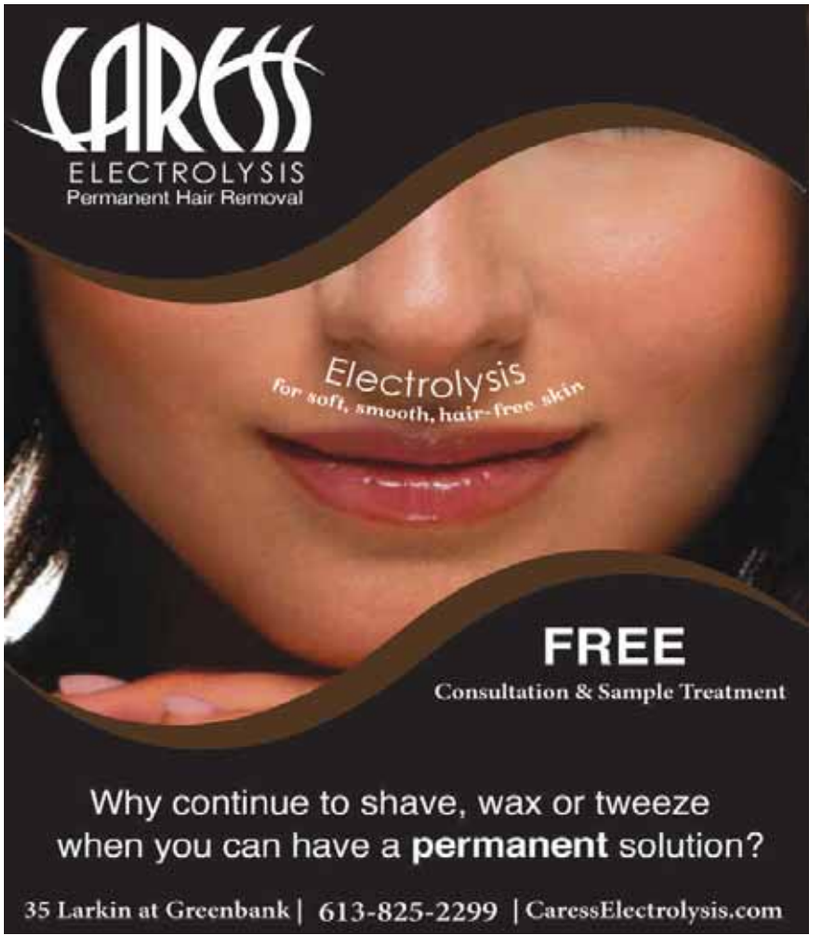
New clients are encouraged to book a free consultation and sample treatment so they can experience electrolysis for themselves. Caress recognizes that an informed consumer is likely to become a satisfied and loyal client who recommends electrolysis to friends and family.

Caress Electrolysis is located at 35 Larkin Dr. (off Greenbank). For more information, visit CaressElectrolysis.com or call 613-825-2299 to book a complimentary, no-obligation consultation.



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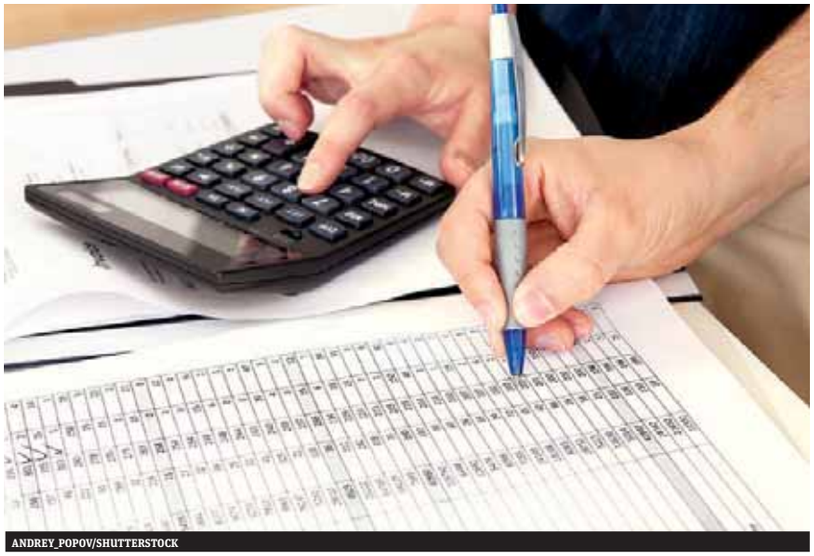
**Money 101.** Two couples, one year to make them richer

# Keeping up with the Jones' in 2014

Do you ever wonder what the Jones' are actually doing with their money? If so, you will finally get a peek inside their bank account. For the next 12 months, I will be following the financial decisions of two Canadian couples. By uncovering each couple's money realities, and offering practical advice, we will map out a plan to help them reach their financial goals.

My ultimate goal in this social experiment is to increase each couple's net worth. The series will explore subjects like debt reduction, saving, major life changes like buying a home and having a baby, relationships and money, calculating how long it will take to save $1 million or pay off a house, and so much more. You will find plenty of resources throughout the year, so follow along with the homework I will be dishing out every month. – Lesley-Anne Scorgie/For Metro



ANDREY_POPOV/SHUTTERSTOCK

LUXORPHOTO/SHUTTERSTOCK

## Carolina and Jose

LESLEY-ANNE SCORGIE
For Metro

| Assets | | Liabilities | |
|---|---|---|---|
| RESP for their Eldest Child | $1,500 | Combined Student Loans | $14,000 |
| Car* | N/A | Line of Credit | $7,500 |
| | | Car Loan | $12,500 |
| TOTAL ASSETS | $1,500 | TOTAL LIABILITIES | $34,000 |

*Cars aren't considered assets because they decrease in value whereas true assets grow in value.

Carolina and Jose married eight years ago and make their home in Calgary. The couple, aged 33 and 31, respectively, have three girls younger than five.

Jose works in the roofing business and does some freelance wedding photography to earn extra income. Between their eldest heading to kindergarten, potty training their toddler and soothing their teething infant, Carolina has her hands full as a stay-at-home mom. Carolina plans to return to work once their children all reach school age.

When government child tax benefits are included, the couple earns an annual income of approximately $55,000. After many years of feeling like they aren't getting ahead, Jose and Carolina are eager to improve their financial position. Together, they dream about one day having enough savings for retirement and some flexibility to travel.

**Homework**

- Jose and Carolina will put together their first budget using a free template and budgeting resources from their online bank, Google Docs or GetSmarterAboutMoney.com. They also plan on determining the value of a home they can afford and specific housing options for their growing family.

Currently, though, the couple lives frugally, enjoying the comforts of their own home and the inexpensive excitement of raising their family. When they aren't working or dedicating time to their children, Carolina loves to get creative with crafts, sewing, reading and writing, while Jose enjoys competitive video games, graphic design and socializing with old pals.

Jose and Carolina talk about money from time to time, but recognize that in order to achieve their financial goals they will have to increase their financial communication, including the immediate task of developing a realistic budget.

When asked, their top financial goals for 2014 are as follows:

1. Buy a house and stop paying rent to Jose's parents, whose home they are currently leasing.
2. Afford a trip to Ontario to visit family.
3. Chip away at their existing debts.

Jose and Carolina's current net worth is –$32,500.

**THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.**

## Anne-Marie and Peter

| Assets | | Liabilities | |
|---|---|---|---|
| Anne-Marie's Pension | $73,000 | Car Loan | $4,500 |
| Anne-Marie's RRSP | $500 | MBNA Low Rate Credit Card #1 | $3,000 |
| Peter's RRSP | $8,000 | MBNA Low Rate Credit Card #2 | $8,000 |
| Car* | N/A | | |
| TOTAL ASSETS | $81,500 | TOTAL LIABILITIES | $15,500 |

*Cars aren't considered assets because they decrease in value whereas true assets grow in value.

Anne-Marie and Peter are an active couple in Toronto, aged 36 and 33, respectively. They moved in together five years ago and married last year; they're now expecting their first child in June. Both enjoy their professions: Anne-Marie works in broadcasting and Peter is a senior sports editor for a medium-sized publishing house.

Their combined income hovers close to $110,000, which is more than the median Canadian household income of around $72,000.

The couple is fortunate to have money in their budget — yes, they actually have a budget tracked on a spreadsheet — to afford their hobbies, which, in Anne-Marie's case, is centred around the arts while Peter digs hockey and other sports.

They are big into the Toronto foodie scene and love to travel. But their culinary and travel pursuits still require frugality like couponing, paying attention to menu prices and seeking out last-minute travel deals.

The financial landscape for Anne-Marie and Peter is full of opportunity. They have healthy financial habits, such as sharing in the bill paying and aggressively paying down debt. Money conversations occur weekly and are rooted in respect and trust, which the couple says helps them stay on track and avoid financial arguments.

**Homework**

- Between this month and next, Anne-Marie and Peter plan on simplifying their budget (which currently spans multiple spreadsheets), determining the value of a home they could potentially afford to buy by sitting down with a banker for a mortgage pre-approval, and gathering information on Anne-Marie's pension program at work.

When asked who runs the day-to-day finances, Peter quickly pointed to Anne-Marie, labelling her as their household's CFO.

But this year financial change is on the horizon as Anne-Marie and Peter welcome their first child into their small, but well-located, rented apartment.

With that in mind, their top financial priorities for 2014 are as follows:

1. Pay off as much debt before the baby comes.
2. Start saving for their child's education.
3. Begin a savings program for a down payment on a home.

Anne-Marie and Peter's net worth is $66,600.

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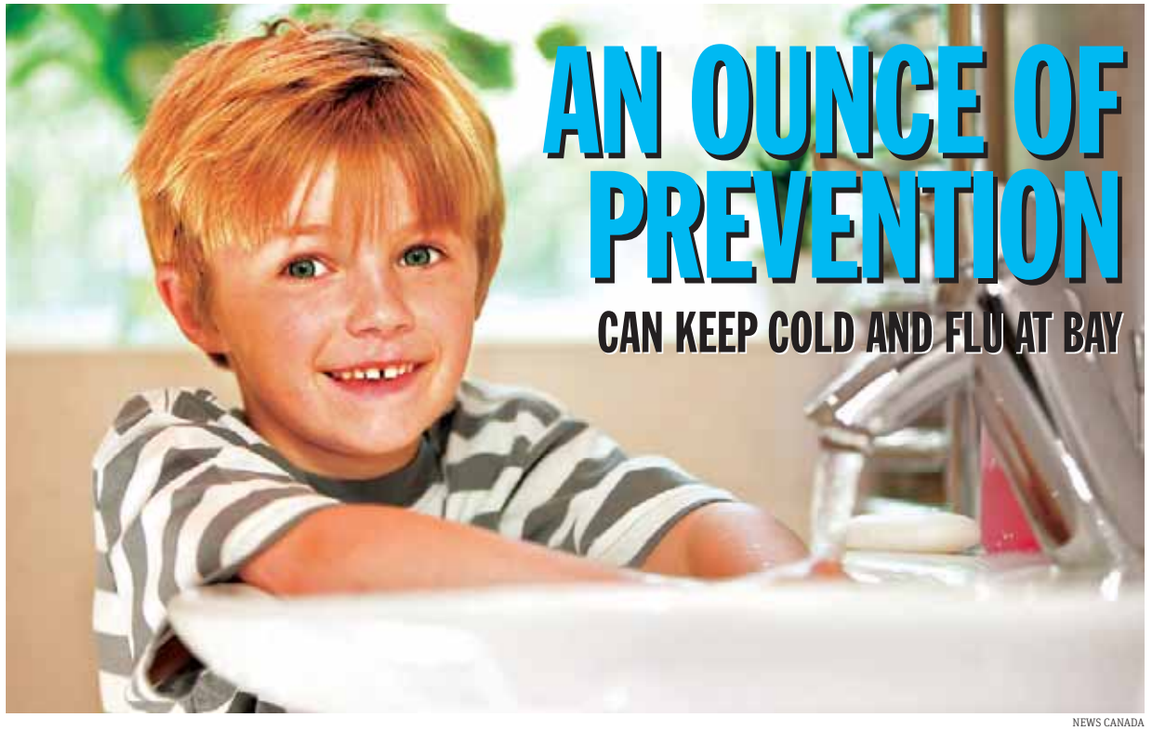

# AN OUNCE OF PREVENTION

## CAN KEEP COLD AND FLU AT BAY

NEWS CANADA

We have all heard it — the home remedies to cure a cold or flu told to us by the friend of a friend of a friend who just swears it always works.

Some people consume copious amounts of a specialty tea, while others are proponents of sweating out your sickness. Some mix cough syrup concoctions and others are convinced you have to ride out the storm.

The best way, however, to ease seasonal cold and flu ailments, like runny nose, sore throat and aching body, is to protect yourself before you get sick.

Here are some tips to help you keep seasonal illnesses away.

1 Get the flu shot. It's free and it can prevent the flu from taking hold up to 90 per cent of the time among healthy adults and children.

2 Wash your hands with soap and water thoroughly and often.

3 Keep alcohol-based hand sanitizer handy with at least 60 per cent alcohol content.

4 Cover your mouth and nose with your arm or use a tissue when you cough or sneeze to help keep stuff off hands and dispose of the tissue immediately.

5 Stay home from work if you are feeling sick.

6 Avoid touching your eyes, nose and mouth since the flu virus usually enters the body through those areas.

7 Eat well, exercise and get enough rest.

8 Get educated and know when the cold and flu are likely to hit your community.

Don't spend all winter experimenting with home remedies. Proactively protect yourself from cold and flu germs this season and you can stop your runny nose before it starts flowing, soothe your throat before it starts hurting and ease your aches before you start aching. *– News Canada*

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NHL

## Marchand keeps filling the net

Brad Marchand continued his recent hot scoring stretch with a pair of goals Monday, lifting the Boston Bruins to a 3-2 win over the Los Angeles Kings.

Marchand has scored six in his past four games.

THE ASSOCIATED PRESS

NHL

## League suspends Tortorella and fines Hartley

The NHL suspended Vancouver Canucks coach John Tortorella without pay for 15 days and six games on Monday for his conduct after a brawl between his team and the Calgary Flames.

Tortorella went to Calgary's locker-room at intermission following the first period Saturday night, which began with a handful of fights and four game misconducts per team.

Tortorella blamed Flames coach Bob Hartley for starting his fourth line, saying he couldn't put star players Daniel and Henrik Sedin at risk just to deflate the situation. Hartley was fined $25,000 US by the NHL. THE CANADIAN PRESS

An irate John Tortorella on Saturday. THE CANADIAN PRESS

NFL

## Welker accused of purposely injuring Pats cornerback

Patriots coach Bill Belichick says Broncos wide receiver Wes Welker deliberately tried to "take out" cornerback Aqib Talib when they collided in the AFC championship game.

Talib hurt his knee on the play early in the second quarter and missed the rest of the game. Denver beat New England 26-16 on Sunday to advance to the Super Bowl.

Welker, a former Patriot, says he was trying to get Talib to go behind him as the two headed for each other across the middle.

THE ASSOCIATED PRESS

The Senators' Eric Gryba trails Cam Atkinson of the Blue Jackets at Canadian Tire Centre on Nov. 17. The Sens were just a point behind the eighth-place Blue Jackets heading into Monday's action. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

# Senators ramp up playoff push early

**NHL.** Ottawa among teams making it a point to secure a top-8 spot going into the Olympics

It might only be mid-January, but the Ottawa Senators are feeling some pressure to lock up a playoff spot.

With the Olympic break just three weeks away, many teams feel the need to be in a playoff position before the start of the Olympic Winter Games in Sochi, Russia.

After 49 games the Senators (21-19-9, 51 points) are outside the playoff picture, but a spot is within their grasp. Ottawa is just a point behind the eighth-place Columbus Blue Jackets heading into Monday's action.

"The blahs of January and February that you usually have in a season don't appear to be there this season," Ottawa coach Paul MacLean said. "Everyone seems to be very focused going in.

"The whole league is focused on (the Olympic break) so I think it makes for better hockey for everybody. The biggest thing is everyone wants to be in a better position coming out of the break."

The players realize there's a sense of urgency to secure as many points as possible in order to be in the best possible position before the break.

"We've got to start looking not too far ahead but still making sure we stay on pace to make the playoffs," said defenceman Erik Karlsson. "We have to play with a little more urgency sometimes and every point right now counts a lot for us."

The Senators visit the Washington Capitals on Tuesday night to kick off a four-game road trip. THE CANADIAN PRESS

**Pre-Olympic action**

**With 10 games before the Olympic break — including eight on the road — the Senators have the opportunity to solidify their positioning, but can't afford to let opportunities slip away.**

- Prior to a 4-1 loss to the New York Rangers on Saturday, Ottawa earned points in eight straight games and hadn't lost in regulation since Dec. 27.

The Bobcats' Al Jefferson shoots over Raptors forward Chuck Hayes on Monday. THE ASSOCIATED PRESS

# Too little, too late for Raptors

Al Jefferson sat at his locker pondering how the Charlotte Bobcats nearly surrendered a 30-point lead they held late in the third quarter.

"Of course we had to make it a game," Jefferson said with a grin. "We couldn't enjoy an easy win, right?"

It never seems that easy for the Bobcats.

Despite the lead, Jefferson and the Bobcats didn't breathe a sigh of relief until Ramon Sessions knocked down two free throws with 1.6 seconds left to secure a 100-95 victory over the Toronto Raptors on Monday.

**On Monday**

| Bobcats | Raptors |
|---|---|
| 100 | 95 |

Jefferson became the first Bobcats player to record a double-double in the first half and finished with 22 points, 19 rebounds and a season-high seven assists and the Bobcats defeated the Raptors for the seventh straight time in Charlotte. "The important thing is we came out of it with a win," Jefferson said.

DeMar DeRozan had 25 points and Kyle Lowry had 21 for the Atlantic Division-leading Raptors, who fell to .500 after their fourth straight road loss.

Kemba Walker, whose streak of 190 straight games played was snapped, sat out with a sprained ankle.

THE ASSOCIATED PRESS

4 SPORTS

# Bilodeau: 'These Games belong to Canada'

Canadian moguls silver medallist Mikael Kingsbury, left, congratulates compatriot and gold medallist Alex Bilodeau at the World Cup Freestyle Skiing event Sunday in Val-St-Come, Que. PAUL CHIASSON/THE CANADIAN PRESS

**Freestyle skiing nominations.** Gold medallist will be joined by crew of fellow Quebecers in Sochi

Reigning Olympic champion Alexandre Bilodeau and a trio of history-making sisters are headlining Canada's freestyle ski team roster for the Sochi Olympics.

Bilodeau, from Montreal, won his third straight World Cup moguls event over the weekend, edging out teammate and rival Mikael Kingsbury of Deux-Montagnes, Que.

Kingsbury and Marc-Antoine Gagnon of Terrebonne, Que., were also named to the early 20-athlete nomination list Monday by the Canadian Freestyle Ski Association.

"I am ready to hit the slopes of Russia and show the world why Canada is a force to be reckoned with," Bilodeau said.

He acknowledged he'll be going to Sochi feeling a little less pressure than he did in Vancouver four years ago.

"In Vancouver, I showed up with a gun to my head," he said. "I wanted a medal. I put a lot of pressure on myself. Fortunately, I managed to pull myself together after working hard with my sports psychologist a week before the Games. Now, in Sochi, the work is done."

Bilodeau said he's heading to Norway to tweak a few things and plans to enjoy the experience when he arrives in Russia. He has said Sochi will be his last Olympics.

"I'm going to take every moment and remember it and I think there will be good moments, especially with the two gentlemen who will be accompanying me," he said, referring to Kingsbury and Gagnon.

The women's moguls team includes Montreal sisters Chloe, Justine and Maxime Dufour-Lapointe along with Audrey Robichaud of Quebec City. Chloe and Justine finished 1-2 over the weekend at a World Cup in Val St-Come, Que.

Canadian Olympic Committee president Marcel Aubut said it's the first time in the world where three siblings have competed on the same Olympic team in the same event.

THE CANADIAN PRESS

**Teammates**

- World champion Kaya Turski of Montreal and Dara Howell of Huntsville, Ont., headline the women's slopestyle team. They're joined by Quebec City's Kim Lamarre and Yuki Tsubota of Whistler, B.C.
- Alex Beaulieu-Marchand of Quebec City will compete in men's slopestyle.
- Calgary's Roz Groenewoud anchors the women's halfpipe team. She's joined by Megan Gunning of Calgary and Keltie Hansen of Edmonton.
- The men's halfpipe lineup includes Edmonton's Mike Riddle, Matt Margetts of Penticton, B.C., and Justin Dorey and Noah Bowman, both of Calgary.
- World silver medallist Travis Gerritts of Milton, Ont., will be the lone competitor in men's aerials.

**Jon Montgomery**

## 2010 skeleton champ falls short of Team Canada

Jon Montgomery won't defend his Olympic gold medal in men's skeleton at the Winter Olympics.

He fell just short of qualifying for the Canadian Olympic team at a World Cup in Austria last weekend.

Canada was assured of two entries in men's skeleton in Sochi.

Calgary's John Fairbairn and Eric Neilson of Kelowna, B.C., had already claimed those spots.

Montgomery was trying to both qualify a third sled for Canada and earn his spot on the Olympic team at the same time.

The slider from Russell, Man., finished seventh Saturday but needed to be at least fourth, according to Canadian coach Duff Gibson. THE CANADIAN PRESS

Canada's Jon Montgomery
THE ASSOCIATED PRESS

## Allingers. Russia aims to recreate Canada's success with help of sports couple

There will be Canadian fingerprints on the Russian team's performance at the Winter Olympics next month in Sochi.

The Russian Olympic Committee hired sports power couple Todd and Cathy Allinger of Vancouver after their significant contributions to Canada's medal haul at the 2010 Vancouver Games.

The Russians want 14 gold medals in Sochi, which would equal the Winter Games record set by the Canadian team in 2010. The host country is also aiming for a top-three finish in the overall medal count.

It seems like an ambitious goal after Russia won just three gold medals in 2010, the country's fewest at a Winter Games since the breakup of the Soviet Union. The Russians also ranked sixth in total medals with 15.

Like Canada prior to 2010, Russia doesn't want to be embarrassed by its performance at its own Games. The ROC recruited the Allingers in the fall of 2010 because they possess sports expertise few in the world have.

After scouting and reviewing Russia's athletes, teams and sport federations, the Allingers made recommendations and "they've probably implemented 90 per cent of them," Cathy says.

"We really think Russia is on track and ready to win the medals that they are wanting to," Cathy told The Canadian Press in a phone interview from Vancouver. "We're excited because Russia has developed more potential medal athletes in this four-year period than any other country has. Based on the way we evaluate and look at the numbers, they've done incredibly well with developing medal potential for 2014."

THE CANADIAN PRESS

**Winning record**

- Cathy Priestner-Allinger was the first Canadian woman to win an Olympic speedskating medal in 1976.
- She and Todd co-authored the report — the template for Own The Podium — that revolutionized how Canada's athletes prepare to compete in Olympic Games.

## NHL

### EASTERN CONFERENCE

**ATLANTIC DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Boston | 49 | 31 | 15 | 3 | 141 | 109 | 65 |
| Tampa Bay | 50 | 29 | 16 | 5 | 146 | 123 | 63 |
| Montreal | 49 | 27 | 17 | 5 | 126 | 120 | 59 |
| Toronto | 50 | 25 | 20 | 5 | 141 | 152 | 55 |
| Detroit | 48 | 21 | 17 | 10 | 121 | 130 | 52 |
| Ottawa | 49 | 21 | 19 | 9 | 139 | 155 | 51 |
| Florida | 48 | 18 | 23 | 7 | 111 | 147 | 43 |
| Buffalo | 47 | 13 | 27 | 7 | 86 | 133 | 33 |

**METROPOLITAN DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Pittsburgh | 48 | 34 | 12 | 2 | 156 | 115 | 70 |
| NY Rangers | 51 | 27 | 21 | 3 | 128 | 128 | 57 |
| Philadelphia | 50 | 25 | 19 | 6 | 137 | 144 | 56 |
| Columbus | 48 | 24 | 20 | 4 | 138 | 135 | 52 |
| Washington | 49 | 22 | 19 | 8 | 142 | 150 | 52 |
| New Jersey | 50 | 20 | 19 | 11 | 115 | 123 | 51 |
| Carolina | 48 | 20 | 19 | 9 | 117 | 137 | 49 |
| NY Islanders | 51 | 20 | 24 | 7 | 142 | 166 | 47 |

**Monday's results**
NY Islanders 4 Philadelphia 3 (SO)
Boston 3 Los Angeles 2
Florida at Pittsburgh
St. Louis at Detroit
Toronto at Phoenix
Dallas at Nashville
Calgary at San Jose

**Sunday's results**
Chicago 3 Boston 2 (SO)
Tampa Bay 5 Carolina 3
NY Rangers 4 Washington 1

**Tuesday's games — All Times Eastern**
Los Angeles at Columbus, 7 p.m.
St. Louis at New Jersey, 7 p.m.
Ottawa at Washington, 7 p.m.
Florida at Buffalo, 7 p.m.
Carolina at Philadelphia, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Minnesota at Dallas, 8 p.m.
Toronto at Colorado, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
Winnipeg at Anaheim, 10 p.m.

**Wednesday's games**
Montreal at Pittsburgh, 7 p.m.
Chicago at Detroit, 8 p.m.
Phoenix at Calgary, 9:30 p.m.

### WESTERN CONFERENCE

**CENTRAL DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Chicago | 51 | 32 | 8 | 11 | 184 | 139 | 75 |
| St. Louis | 47 | 32 | 10 | 5 | 166 | 107 | 69 |
| Colorado | 48 | 31 | 12 | 5 | 142 | 122 | 67 |
| Minnesota | 51 | 27 | 19 | 5 | 125 | 125 | 59 |
| Dallas | 48 | 21 | 19 | 8 | 136 | 148 | 50 |
| Nashville | 50 | 21 | 22 | 7 | 121 | 151 | 49 |
| Winnipeg | 50 | 22 | 23 | 5 | 141 | 150 | 49 |

**PACIFIC DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Anaheim | 51 | 37 | 9 | 5 | 175 | 126 | 79 |
| San Jose | 49 | 31 | 12 | 6 | 158 | 121 | 68 |
| Los Angeles | 50 | 29 | 15 | 6 | 128 | 103 | 64 |
| Vancouver | 50 | 25 | 16 | 9 | 127 | 127 | 59 |
| Phoenix | 48 | 23 | 16 | 9 | 139 | 145 | 55 |
| Calgary | 49 | 16 | 26 | 7 | 109 | 156 | 39 |
| Edmonton | 51 | 15 | 30 | 6 | 131 | 181 | 36 |

**Note:** Two points for a win, one point for overtime loss.

### SCORING LEADERS

| | G | A | Pts |
|---|---|---|---|
| Crosby, Pgh | 25 | 43 | 68 |
| Getzlaf, Ana | 25 | 33 | 58 |
| Tavares, NYI | 22 | 36 | 58 |
| Kane, Chi | 23 | 33 | 56 |
| Perry, Ana | 27 | 28 | 55 |
| Thornton, SJ | 6 | 46 | 52 |
| St. Louis, TBL | 25 | 25 | 50 |
| Sharp, Chi | 25 | 25 | 50 |
| Ovechkin, Wash | 35 | 14 | 49 |
| Kunitz, Pgh | 24 | 25 | 49 |
| Backstrom, Wash | 11 | 38 | 49 |
| Pavelski, SJ | 25 | 23 | 48 |
| Kessel, Tor | 23 | 25 | 48 |
| Toews, Chi | 17 | 31 | 48 |
| Okposo, NYI | 19 | 28 | 47 |
| Malkin, Pgh | 12 | 35 | 47 |

**Not including last night's games**

## NFL PLAYOFFS

### CONFERENCE CHAMPIONSHIPS

**Sunday's results**
**AFC** — Denver 26 New England 16
**NFC** — Seattle 23 San Francisco 17

### SUPER BOWL XLVIII

**Sunday, Feb. 2 — At East Rutherford, N.J.**
Denver vs. Seattle, 6:30 p.m.

## NBA

### EASTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| d-Indiana | 32 | 7 | .821 | — |
| d-Miami | 29 | 12 | .707 | 4 |
| Atlanta | 21 | 19 | .525 | 11 1/2 |
| d-Toronto | 20 | 20 | .500 | 12 1/2 |
| Washington | 20 | 20 | .500 | 12 1/2 |
| Chicago | 19 | 20 | .487 | 13 |
| Brooklyn | 17 | 22 | .436 | 15 |
| Charlotte | 18 | 25 | .419 | 16 |
| Detroit | 17 | 24 | .415 | 16 |
| Cleveland | 15 | 26 | .366 | 18 |
| New York | 15 | 26 | .366 | 18 |
| Boston | 14 | 28 | .333 | 19 1/2 |
| Philadelphia | 13 | 28 | .317 | 20 |
| Orlando | 11 | 30 | .268 | 22 |
| Milwaukee | 7 | 33 | .175 | 25 1/2 |

### WESTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| d-San Antonio | 32 | 9 | .780 | — |
| d-Portland | 31 | 9 | .775 | 1/2 |
| Oklahoma City | 31 | 10 | .756 | 1 |
| d-L.A. Clippers | 29 | 14 | .674 | 4 |
| Houston | 27 | 15 | .643 | 5 1/2 |
| Golden State | 26 | 16 | .619 | 6 1/2 |
| Dallas | 25 | 18 | .581 | 8 |
| Phoenix | 23 | 17 | .575 | 8 1/2 |
| Denver | 20 | 20 | .500 | 11 1/2 |
| Memphis | 20 | 20 | .500 | 11 1/2 |
| Minnesota | 19 | 21 | .475 | 12 1/2 |
| New Orleans | 16 | 24 | .400 | 15 1/2 |
| L.A. Lakers | 16 | 25 | .390 | 16 |
| Sacramento | 14 | 25 | .359 | 17 |
| Utah | 14 | 28 | .333 | 18 1/2 |

**d - division leader**

**Monday's results**
Dallas 102 Cleveland 97
L.A. Clippers 112 Detroit 103
Charlotte 100 Toronto 95
Washington 107 Philadelphia 99
Brooklyn 103 New York 80
New Orleans 95 Memphis 92
Atlanta 121 Miami 114
L.A. Lakers at Chicago
Portland at Houston
Indiana at Golden State

**Tuesday's games — All Times Eastern**
Orlando at Brooklyn, 7:30 p.m.
Boston at Miami, 7:30 p.m.
Sacramento at New Orleans, 8 p.m.
Portland at Oklahoma City, 8 p.m.
Minnesota at Utah, 9 p.m.

## Horoscopes

### ♈ Aries
**March 21 - April 20**
Even if you prefer to walk alone, it will pay you to get more involved in group activities over the next few days. Friends will bring you luck and make life more enjoyable.

### ♉ Taurus
**April 21 - May 21**
This is the perfect time to give your reputation a boost. You will find favour with people in positions of power but the most important thing is that you believe in yourself.

### ♊ Gemini
**May 22 - June 21**
Don't waste time telling the world what you are going to do — just do it. You should be aiming higher than ever before. If you want something enough, you can make it happen.

### ♋ Cancer
**June 22 - July 23**
Someone you do business with will force you to choose between your ideals and your earnings. If you compromise your principles once, you will be expected to compromise them again and again.

### ♌ Leo
**July 24 - Aug. 23**
Now that the Sun is transiting your opposite sign of Aquarius, make an effort to see things from alternative points of view. Also, don't criticize people you care for just because they fail to live up to your high standards.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Cosmic activity in the area of your chart that governs your work and your well-being is warning you not to push yourself too hard. Your energy levels may be a bit low, so pace yourself sensibly.

### ♎ Libra
**Sept. 24 - Oct. 23**
Throw caution to the wind and just let your instincts guide you. This is a great time for creative activities and affairs of the heart, so be creative about your love life and love everything you create.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Decisions you make over the next few days will have a lasting impact on your domestic situation. So, make sure you know the facts and you are not being misled by those who have an an agenda.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Be sociable. Wherever you go and whatever you do, you will have a lot of fun and even the most ordinary of encounters will be hugely enjoyable.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
If you need financial assistance, now is the time to ask for it. The planets make it easy to convince those who can help that your cause is deserving. Having said that, the assistance will not come cheap, so help yourself as much as you can.

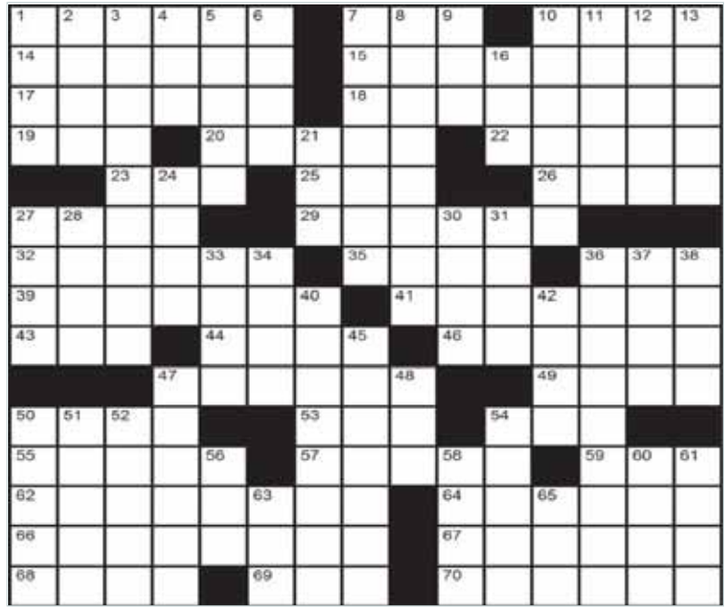
### ♒ Aquarius
**Jan. 21 - Feb. 19**
It's one of the most vital times of the year for you. The Sun in your sign will ensure whatever you do is endowed with extra power. Aim to do good things for others and good things will come your way.

### ♓ Pisces
**Feb. 20 - March 20**
This may be a difficult time for you, but it is also a time when you can learn a great deal about yourself, which in turn makes success in the long-term more likely. SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

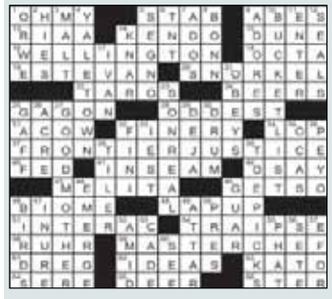
BY KELLY ANN BUCHANAN



**Across**
1. University of Manitoba, Home of the __
7. Male swan
10. House of __ (Mid-east royal family)
14. Jessica Simpson's sister
15. NB community, locale of 5 CDSB Gagetown
17. Elegant aircraft
18. Blue in colour, it's the Yukon's official gemstone
19. Forestry fluid
20. Uncertainty
22. Splashy surges
23. Music producer, Don __
25. Oscar-winning actress, Melissa __
26. Ms. Sedgwick
27. Ride the waves
29. Get there
32. Make happy
35. Amy's Golden Globes co-host
36. These: French
39. __ one's arms (Cease the stern-looking pose)
41. Popcorn brand, __ Redenbacher's
43. US state, North __.
44. Made, as cotton candy
46. "__ __ you can!" (Buffet host's urging)
47. Elated
49. Caustics
50. Prefix to 'allergenic'
53. Calendar abbr.
54. Mop & __ (Floor cleaner)
55. "Lorna __" (1951)
57. "Best _ __ Had" by Drake
59. Liq. amounts
62. Jay Z's wife, to fans: 2 wds.
64. Velvet
66. Gwen Stefani's rocker hubby Gavin
67. Do charades: 2 wds.
68. Wild blue yonder's
69. Dictionary abbr.
70. Spanish Conquistador, Hernan __ (b.1485 - d.1547)

**Down**
1. Undereye cream targets
2. Ms. Fisher
3. Scuba diving exploration site
4. Antiquated
5. Must-haves
6. Prefix to 'tonin' (Sleepy stuff)
7. Stephen of that satirical 'Report' show
8. Handel musical work
9. TLC member, T-__
10. "__, __... how are you 'n' stuff?" (English-as-it's-often spoken query)
11. Tart-tasting
12. Express
13. __ _ great job (Performs well)
16. Mother goddess of Thebes
21. 'Form' suffix
24. Way out there
27. Tater
28. Forearm bone
30. Concerning, curtly: 2 wds.
31. __-__-voom!
33. Fair
34. Catch a glimpse
36. Vancouver Island: __ Sound
37. Ms. Macpherson
38. Poivres partners
40. Canadian Forces Base __, in Alberta
42. "__ be okay." (Don't worry)
45. Ballet legend, Rudolf __ (b.1938 - d.1993)
47. "Bridget __ Diary" (2001)
48. Ms. Ullmann
50. Main office [abbr.]
51. "How are things?": 2 wds.
52. Verse
54. Painter, El __ (b.1541 - d.1614)
56. Conclusion
58. Leave a disaster area, for short
60. Honest
61. Positions
63. Woolly one's call
65. Env.'s stuff-y

## Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 7 | | 6 | | 1 | | 5 | |
| | | | 9 | | 3 | | | |
| 5 | | 6 | | | | 3 | | 4 |
| | | 1 | 3 | | 6 | 4 | | |
| 2 | | | | | | | | 7 |
| | | 7 | 5 | | 4 | 1 | | |
| 8 | | 3 | | | | 9 | | 6 |
| | | | 8 | | 9 | | | |
| | 6 | | 7 | | 2 | | 8 | |

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 2 | 7 | 8 | 4 | 1 | 5 | 3 | 9 |
| 3 | 5 | 1 | 2 | 9 | 6 | 7 | 4 | 8 |
| 8 | 4 | 9 | 3 | 7 | 5 | 1 | 2 | 6 |
| 1 | 3 | 6 | 7 | 5 | 4 | 8 | 9 | 2 |
| 2 | 7 | 4 | 9 | 8 | 3 | 6 | 1 | 5 |
| 9 | 8 | 5 | 1 | 6 | 2 | 4 | 7 | 3 |
| 4 | 1 | 3 | 5 | 2 | 8 | 9 | 6 | 7 |
| 5 | 9 | 2 | 6 | 1 | 7 | 3 | 8 | 4 |
| 7 | 6 | 8 | 4 | 3 | 9 | 2 | 5 | 1 |

Today
-20°/-26°
Partly cloudy
Wednesday
-19°/-23°
Mainly sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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